ABK Swim School is an independent authorized provider of Starfish Swimming. All instructors are certified SAI Instructors. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI).

The ABK Swimming curriculum is designed for students ages 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning, providing an easy transition to swim team.

1x/week	2x/week	3x/week
$45.00	$80.00	$115.00
Swim Team Prep $69 (1 hour)		

FREE TRIAL CLASS

Try it Out! No Obligation. Call today! 245-0432

Class Schedule online!
www.abkfun.com

REGISTRATION FEES

Individual Membership $30.00 /year
Family Membership $60.00/year
Registration fee valid for all programs and members receive discounts on Special Events, Parent's Night Out, and Camps.

Download the ABK Mobile App

ABK SWIM AND STROKE SCHOOL

Students work toward development of the five core swimming competencies and receive awards for each achievement. The stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

Minnow & Me Classes (ages 6 mo. to 3) 30 min.

The purpose of this course is to foster in very young children a high comfort level in the water while training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

This class will cover areas of; Trust and Comfort; Body Positions; Submersion; Air Recovery and Rollover, Forward Movement

Dolphin 1 (ages 3-5) & Shark 1 (ages 5-12) 30 min.

This class is for the first time swimmer. Includes children that either love or are afraid of the water and don't know how to swim. Child may already feel comfortable blowing bubbles and getting face wet.

This class will cover; Trust and Submersion; Body Position and Air Recovery, Forward Movement.

Dolphin 2 (ages 3-5) & Shark 2 (ages 5-12) 30 min.

This class is for the child that can swim 10 yards with no flotation, is learning to use rhythmic (side) breathing, swim 10 yards backstroke, learning to dive.

This class will cover; Body Rotation and Integrated Movement

Dolphin 3 (ages 3-5) & Shark 3 (ages 5-12) 30 min.

This class if for the child that can swim freestyle and backstroke for 25 yards.

This class will include refining the freestyle, backstroke and diving. Will introduce dolphin style kicking and work towards increasing endurance.

Dolphin 4 (ages 3-5) & Shark 4 (ages 5–12) 30 min.

This class is for the student with a proficiency of all above levels in freestyle, and backstroke. They will be introduced to butterfly and breaststroke, starts and turns, will work towards increasing endurance.

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